

Mount Prospect School District 57

Home Economics
Curriculum
Grades 6-8

Mount Prospect School District 57

Home Economics Curriculum

Broad Experience Grades 6-8

Curriculum developed by Margaret Waltman, Home Economics teacher, 2006.

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Mount Prospect School District 57
Curriculum Guide
Home Economics

Content Area: Home Economics			
Grade/Level: Sixth Grade		Learning Goal: Each student will know the basics of machine and hand sewing.	
Objectives	Pacing	Aligned Instructional Resources/Activities	Assessment Options
The student will be able to... Stitch on paper following a line, without using thread (straight line, curved line, right angle corners)	4 days	Sewing machine, various stitch charts	Teacher observation, finished stitch charts
Thread the sewing machine, both top and bottom	5 days	Teacher demo, sewing machine, thread, bobbin, bobbin case	Teacher observation
Sew a 5'8" seam	4 days	Teacher demo, sewing machine, thread, bobbin, bobbin case, fabric, finished seam sample posted on blackboard to view	Teacher observation, finished seam sample
Follow set of written instructions: Choose which paper pattern pieces to use. Fold fabric according to the correct lengthwise direction. Lay pattern pieces onto the fabric according to pattern diagram. Pin & cut pattern pieces out of fabric. Follow pattern instructions to construct projects. Hand sew opening closed.	20 days 12 days	Teacher demo for each step as the class progresses Projects to complete: 1. fleece patchwork pillow 2. fleece neck pillow	Teacher observation Each step correctly completed.

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Grade/Level: Sixth Grade

Suggested Instructional Strategies (Content-area specific)

Teacher demonstrations throughout the unit
Individual teacher/student testing-threading the machine
Sample pre-made projects to view

Additional Differentiation Strategies and Activities

Adaptive:

Individual help as time permits; peer help as students finish each step early

Reteach:

Repeated demonstrations as necessary

Extension:

Extra help during homebase, lunch, before or after school as time permits

Supporting Technology Applications/Sources

Interdisciplinary Connections:

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Content Area: Home Economics			
Grade/Level: Seventh Grade	Learning Goal: Each student will further his/her skills of machine and hand sewing.		
Objectives	Pacing	Aligned Instructional Resources/Activities	Assessment Options
The student will be able to... Stitch on paper following a line, without using thread (straight line, curved line, right angle corners)	2 days	Sewing machine, various stitch charts	Teacher observation, finished stitch chart
Thread the sewing machine, both top and bottom	3 days	Teacher demo, sewing machine, thread, bobbin, bobbin case	Teacher observation
Sew a 5'8" seam	2 days	Teacher demo, sewing machine, thread, bobbin, bobbin case, fabric	Teacher observation, finished seam sample
Follow set of written instructions: (each step more advanced than at the 6 th gr. Level) Choose which paper pattern pieces to use. Fold fabric according to the correct lengthwise direction. Lay pattern pieces onto the fabric according to pattern diagram. Pin & cut pattern pieces out of fabric. Construct project according to pattern directions.	11 days 5 days	Teacher demo for each step as the class progresses Projects to complete: 1. pillowcase cover 2. beanbag frog	Teacher observation Each step correctly completed.

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Grade/Level: Seventh Grade

Suggested Instructional Strategies

Teacher demonstrations throughout the unit
Individual teacher/student testing-threading the machine
Sample pre-made projects to view

Additional Differentiation Strategies and Activities

Adaptive:

Individual help as time permits; peer help as students finish each step early

Reteach:

Repeated demonstrations as necessary

Extension:

Extra help during homebase, lunch, before or after school as time permits

Supporting Technology Applications/Sources:

Videos: "Clothing Care," "A Tour of the Fabric Store," "Sew Cool"

Interdisciplinary Connections:

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Content Area: Home Economics			
Grade/Level: Seventh Grade		Learning Goal: Each student will understand the necessary skills required to complete the laundry.	
Objectives	Pacing	Aligned Instructional Resources/Activities	Assessment Options
The student will be able to... Prepare items for the laundry (i.e., Pretreating stains, checking pockets, re-sew loose buttons, sewing rips)	3 days	Worksheet to complete as class discusses Class activity (selecting from a given pile of clothes & stating what needs to be checked) Video-“Gone with the Wash” by Maytag	Written test-Laundry Class participation Take-home laundry assignment (completing 3 loads)
Select correct washing machine and dryer settings			
Know the purpose and usage of fabric softeners			
Know the safety precautions of the washer and dryer usage			
Complete three loads of the wash at home, using both washer and dryer			
Understand the importance of and correct procedures for folding/hanging clothes immediately after the drying process			

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Content Area: Home Economics			
Grade/Level: Seventh Grade		Learning Goal: Each student will understand the safety precautions and basic skills necessary in food preparation.	
Objectives	Pacing	Aligned Instructional Resources/Activities	Assessment Options
The student will be able to... Understand the rules for fire safety in the kitchen	2 days	Teacher led discussion Guest speaker-Fire Dept. Kitchen Safety Video-Learning Seed	Test-Fire Safety
Read a recipe using abbreviation and measurements	1 day	Teacher led discussion w/worksheet to complete Measure Up in the Kitchen Video-Learning Seed	Test-Reading a Recipe
Follow a recipe when preparing a food Work with other students in a group setting to prepare a food Practice safety and sanitation techniques when handling food and equipment	10 days	Three recipes to prepare Teacher demonstration preparing recipe	Eight cooking labs to prepare four products teacher observation of students and final product

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Grade/Level: Seventh Grade

Suggested Instructional Strategies

Teacher demonstration of food preparation, using measuring techniques and proper equipment usage.

Additional Differentiation Strategies and Activities

Adaptive:

Circulation of instructor amongst all the students as they work within their cooking groups

Reteach:

The students will each participate in a class activity, in which they will select items to be washed, and describe to the class how this will be done.

Extension:

When completing this at home, each student will gain new information from an adult concerning this subject

Supporting Technology Applications/Sources:

Each will complete the laundry at home, using his/her own washer and dryer.

Interdisciplinary Connections:

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Content Area: Home Economics			
Grade/Level: Eighth Grade	Learning Goal: Each student will apply basic skills of food preparation, using correct sanitation and safety procedures.		
Objectives	Pacing	Aligned Instructional Resources/Activities	Assessment Options
The student will be able to... List the food groups in the pyramid, along with the anticancer foods	8 days	Food Pyramid Chart to complete One Day Diet Analysis Anti Cancer Diagram to complete Video: Protein: How Cos & Carrots Become People	Two written tests: Pyramid Anticancer
Understand proper dieting to lose or gain weight	1 day	Class discussion	Included on above tests
Demonstrate correct techniques in kitchen sanitation & food safety	4 days	Worksheet to complete Videos: Food Safety Learning Seed How Our School Fought Back for Safety Partnership for Food Safety Education	Written test on bacteria and food safety
Demonstrate proper manners and table setting procedures	3 days	Class discussion Videos: Manners Do Matter Instant Impressions	Written test on manners Field trip to restaurant to practice newly learned information
Read and follow directions while preparing a recipe	3 days	Teacher demo of recipe Video: Measuring Common Kitchen Ingredients	Written test: Reading a Recipe

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Content Area: Home Economics			
Grade/Level: Eighth Grade		Learning Goal: Each student will apply basic skills of food preparation, using correct sanitation and safety procedures.	
Objectives	Pacing	Aligned Instructional Resources/Activities	Assessment Options
The student will be able to... Independently prepare an entire meal at home	2 days	Lesson in class explaining factors involved in preparing a full meal	Report showing pictures, menu, time schedule, grocery list and parent evaluation
Demonstrate the ability to work cooperatively in a lab group Cooking labs to take place: Two quickbreads Two yeastbreads One Italian pasta One vegetable One fried rice (More depending on length of time remaining)	25 days	Instructor reviews important principles before each lab Students assigned to cooking group Instructor circulating among cooking groups as students prepare product	Questioning students before lab begins Instructor evaluates students as they cook within their group, based on Cooking techniques practiced Quality of product Cleanliness of unit at the end Timing of the lab-finished before class ends Ability to get along with group members